



# *Early Childhood Mental Health*



**COLORADO**  
**Office of Early Childhood**  
Department of Human Services

## The Challenge

Workforce Retention

Suspension and Expulsions

Nurturing Relationships  
and Environments

## The Solution

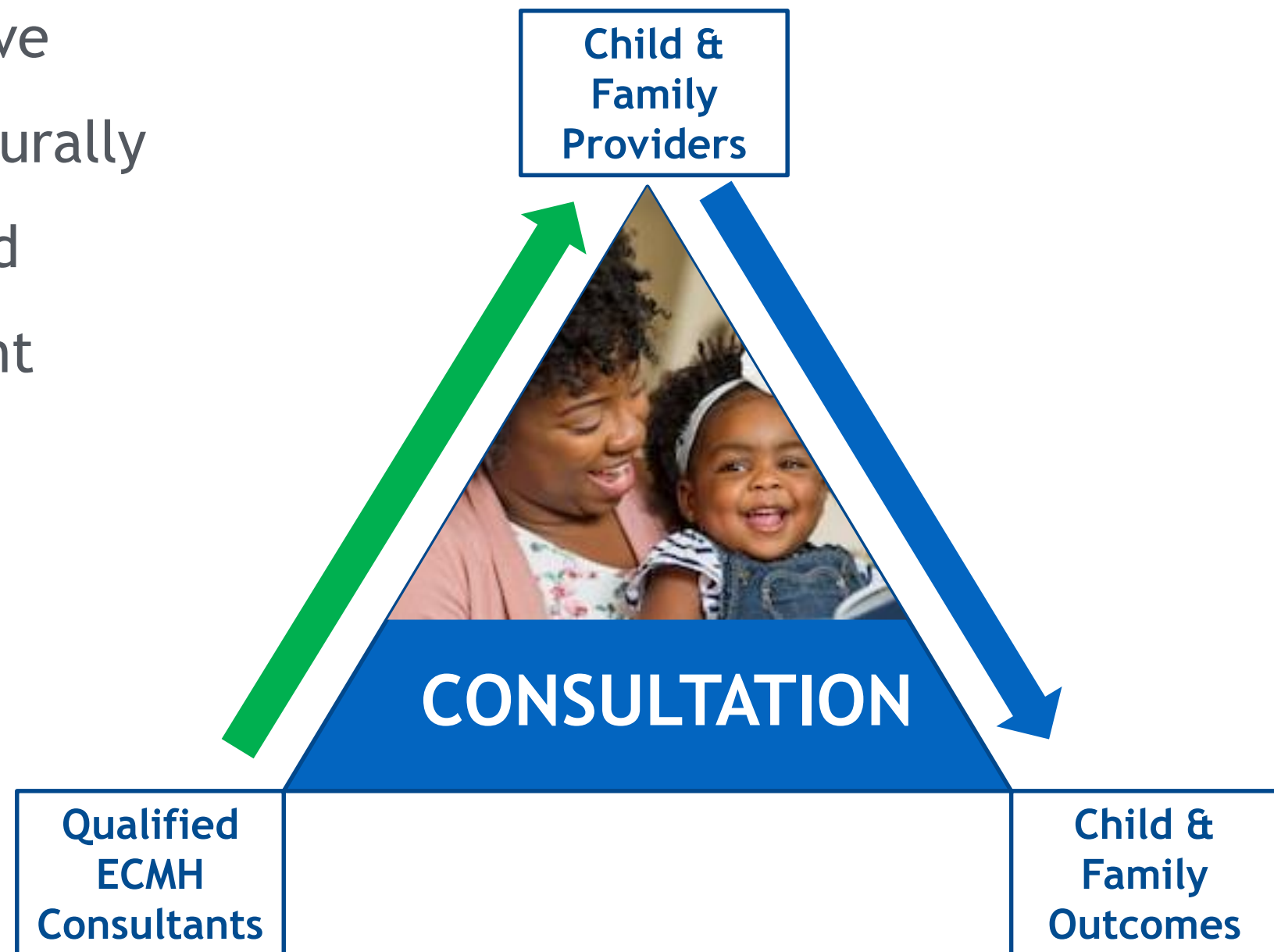
Early Childhood Mental Health (ECMH) Specialists partner with adults to help them understand and respond effectively to children birth - 6 years. Consistent, responsive and reliable care across environments is crucial to children's growth, development, and well-being.



**Ensure that all Colorado children are valued, healthy, and thriving.  
Support expansion of ECMHC to all early care settings.**

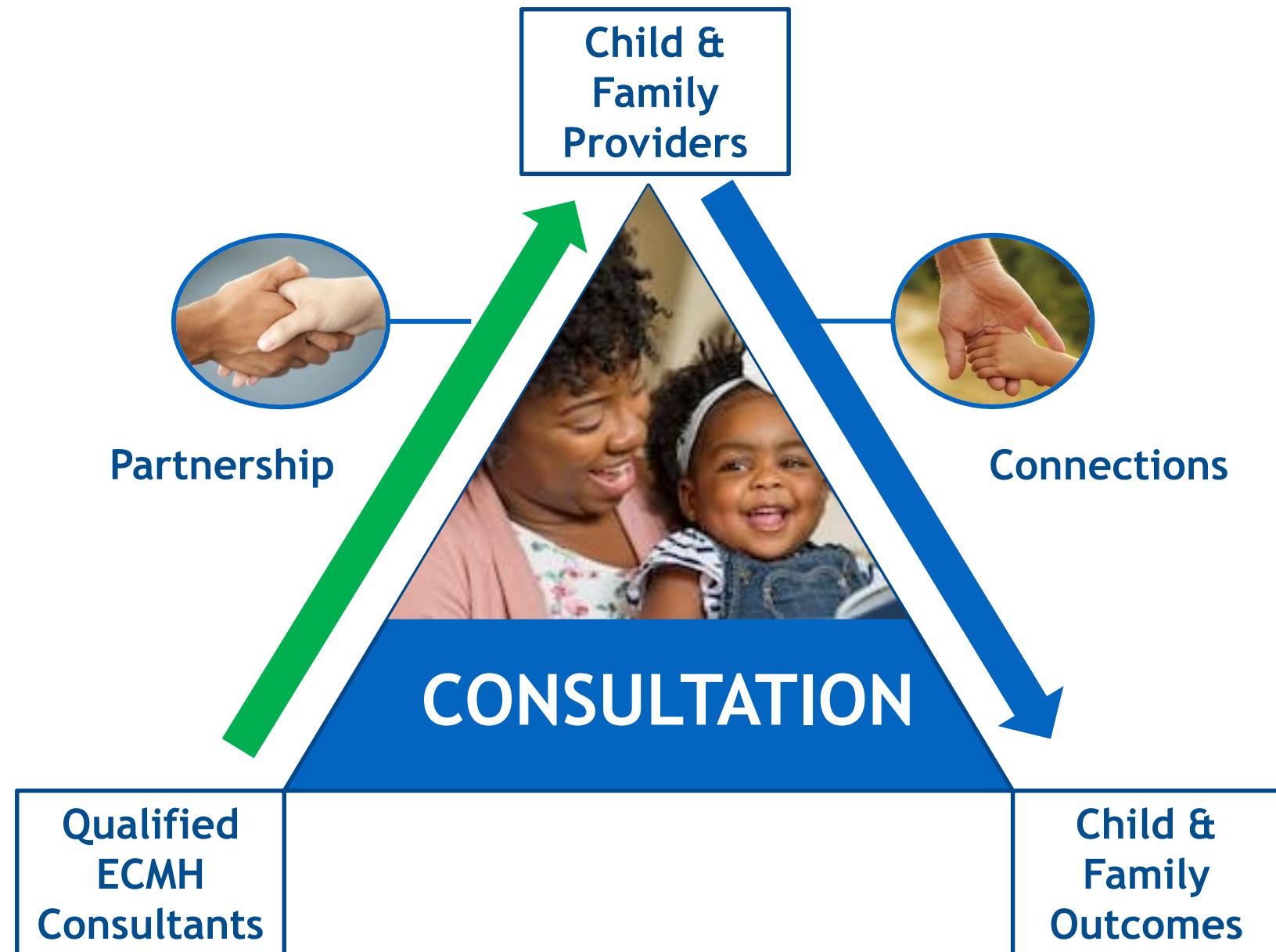
# *Early Childhood Mental Health Consultation*

A strengths-based, reflective practice that develops culturally respectful relationships and partners with the significant adults in a child's life.



# Method: Partnerships & Connections

Partnerships support and increase the relationships, skills, and knowledge of the adults who, in turn, guide and improve the social, emotional and behavioral health and overall development of children.





# ECMHC Delivery

## 3 Levels of Partnership

### Child

- In-person consultation and resources for parents and providers on behavior management, positive guidance, and emotion regulation strategies
- Impact: 1 provider, 1 parent and **1 child**

### Classroom

- In person consultation and resources for providers on classroom management, transitions, activities and spaces that support social emotional development for all children
- Impact: 1 provider and **4-20 children** (and future classes)

### Program

- In person consultation and resources for directors and providers on self care, positive guidance curriculum and philosophies, skill building
- Impact: 1 director, 4-15 providers, and **25-250 children** (and future classes)

# ECMHC Outcomes

Providers	Parents	Children
<b>Increased</b> <ul style="list-style-type: none"><li>• Teacher well-being</li><li>• Understanding of child development</li><li>• Teacher satisfaction and confidence</li><li>• Ability to address behavioral concerns</li><li>• Positive and supportive learning environments</li></ul> <b>Decreased</b> <ul style="list-style-type: none"><li>• Stress</li><li>• Burnout</li></ul>	<b>Increased</b> <ul style="list-style-type: none"><li>• Parent well-being</li><li>• Consistency in supportive care</li><li>• Nurturing interactions</li><li>• Positive interactions with the teacher</li></ul> <b>Decreased</b> <ul style="list-style-type: none"><li>• Early pick ups</li><li>• Missed work days</li></ul>	<b>Increased</b> <ul style="list-style-type: none"><li>• Child well-being</li><li>• Friendships</li><li>• Self-soothing</li><li>• Listening skills</li><li>• Problem solving</li><li>• Early identification of mental health or developmental delays</li></ul> <b>Decreased</b> <ul style="list-style-type: none"><li>• Behavioral Concerns</li><li>• Suspensions &amp; Expulsions</li></ul>



### Teacher Classroom Management (TCM)

- Increased teacher use of positive classroom management strategies

### Dinosaur School Social Skills Curriculum

- Increased social competence (emotional regulation, prosocial behavior, academic skills) in children

### The Preschool BASIC Parent Program

- Increased positive and decreased negative parenting practices

All programs focus on preschool and kindergarten aged students

All program implementers receive training, coaching, fidelity monitoring, evaluation support, local implementation team development and more from Invest in Kids